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Vegetable Curry

By Gemalli Austin, DrPH, RD

Ingredients

- 2 c of onions
- 4 cloves of garlic
- 1 T of ginger
- 1 t of cumin
- 1 t of turmeric
- 1 t of coriander
- 2 T of veg curry paste
- 1/4 t of red pepper flakes
- 2 T Bragg aminos
- 2 T veg chicken season
- 1 T maple syrup
- 1 T of lemon juice
- 1 c of coconut milk
- 4 c of water
- 2 potatoes
- 1/2 c of carrots
- 1 c asparagus
- 1 c broccoli
- 1 c of spinach or kale
- 1 c of garbanzo or tofu
- Garnish with cilantro or basil

Instructions

1. In a pot cook onions, ginger, garlic and saute for 3 minutes. Add cumin, turmeric, coriander, red peppers and curry paste
2. Let spices absorb for a minute then add bragg, chicken season, and water
3. Bring to simmer and add vegetables in order of required cooking time: potatoes (12-15 minutes), carrots (5-7 minutes), asparagus & broccoli (4-5 minutes), spinach or kale (add after removing from heat)
4. At the end of cooking add garbanzo or air fry tofu, coconut milk, maple syrup, and lemon juice and. Garnish with chopped cilantro, or fresh basil and/or lime wedges.